

## **Are You In An Abusive Relationship?**

Domestic violence can take many different forms. It involves physical, emotional, mental, economical, and sexual abuse. At first, the control and manipulation your partner uses can be very subtle. The abuse can and will increase over time. Answer "yes" or "no" to the following questions:

- Does your partner continually criticize what you wear, what you say, how you act and how you look?
- Does your partner humiliate or make fun of you in public places and social situations?
- Does your partner often call you insulting and degrading names?
- Do you feel like you need to ask permission to go out and see your friends and family?
- Do you turn down invitations to be with your friends and family because your partner will be angry at you for going with them?
- Do you feel you need to apologize to people or make up excuses for your partner's behavior?
- Do you feel like no matter what you do, everything is always your fault?
- If you're late getting home, does your partner harass you about where you were and who you were with?
- Has your partner threatened to hurt you or the children if you leave?
- Does your partner force you to have sex whether you want to or not?
- Are you afraid to say no to sex?
- Have you been repeatedly accused of flirting or having sex with others?
- Does your partner restrict you from getting a job or going to school?

- Has your partner hit you or threatened to hit you?
- Has your partner ever pushed, shoved, kicked or slapped you?
- Do you ever explain away bruises, cuts, or other injuries as results of how "clumsy" you are?
- Do you feel nervous or afraid for your safety when your partner becomes angry?
- Are you afraid to disagree with your partner?
- Are you frightened by your partner's violence towards other people or animals?
- Do you change your behavior or "walk on egg shells," depending on your partner's mood?
- Do you ever think "If only I was prettier," or "If only I cleaned the house better," or "If only I had kept the children quieter," etc., "then my partner wouldn't have been angry?"

**If you answered "yes" to even one, you may be in an abusive relationship. If you need to talk, call us.**